



Tai Chi and Qigong Training

for Veterans and Family

FLEXIBILITY, STRENGTH, AND ENDURANCE
PAIN, STRESS, WEIGHT MANAGEMENT
ENHANCED PERFORMANCE
ACTIVE RELAXATION
IMPROVED FOCUS
BETTER SLEEP
MORE ENERGY
WELL BEING



FREE for Veterans and Family
To register call 256-1901 ext 11052

See Events Calendar at www.madison.va.gov

William S. Middleton Memorial Veterans Hospital